

SAN LUIS OBISPO COUNTY HEALTH COMMISSION APPLICATION

SAN LUIS OBISPO COUNTY HEALTH COMMISSION MISSION:

The mission of the San Luis Obispo County Health Commission shall be to work with, and on behalf of, the residents of the County to preserve and improve the quality of health for all people within the community.

BY-LAWS, ARTICLE III, SECTION 1 - MEMBERSHIP:

a. The voting membership of the Commission should be broadly representative of the social, economic, linguistic, handicapped, and racial populations, geographical areas within the County and be in reasonable proportion to the ethnic origin, gender and age groups in the population of San Luis Obispo County.

b. The voting membership of the Commission shall consist at all times of a majority six (6) of health care consumers who are not direct or indirect providers of health care. The remainder of the Commission voting membership, five (5), two (2) shall be indirect providers and three (3) direct providers who are representative of the health care system in San Luis Obispo County. For the purposes of this Commission, effective July 1, 2000, indirect providers are defined as those individuals who are affiliated with the health care system and who are currently providing support services. These may include, but are not limited to medical office staff, health care administrators, health insurance personnel, health education/trainers, and individuals who are members of governing boards of a health care entity. Direct providers for the purposes of this Commission are defined as those individuals who are currently providing "hands on" health care services. These may include but not limited to, physicians, nurses, lab technologists, pharmacists, dentists, physicians assistants, ophthalmologists, podiatrists, mental health therapists, and other health care service providers.

(Please print or type)

Name Candace Winstead

Address (home) [REDACTED]

City San Luis Obispo Zip 93405

Address (work) Cal Poly - Biological Sciences, 1 Grand Ave

City SLO Zip 93407

Phone (home) [REDACTED] Phone (work) [REDACTED] Email [REDACTED]

☒ Current ☐ Past Occupation College professor

☒ Current ☐ Past Employer Cal Poly - Biological Sciences

ON A SEPARATE SHEET, PLEASE INCLUDE A SHORT NARRATIVE IN RESPONSE TO THE FOLLOWING QUESTIONS.

1. Why do you want to serve on the San Luis Obispo County Health Commission?
2. What do you envision contributing during your term on the Commission?
3. What health issues interest or concern you?
4. The expectation is that Commissioners will devote at least 10 hours per month. Will your time schedule permit this commitment?

Please attach a resume, if available. A resume will not substitute for the above-requested information.

Please attach two letters of reference attesting to your knowledge and interest in promoting health care in San Luis Obispo County.

PLEASE RETURN COMPLETED APPLICATION TO: HEALTH COMMISSION, 2191 JOHNSON AVENUE, SAN LUIS OBISPO, CA 93401

**San Luis Obispo County Health Commission Application Narrative
Candace Winstead.**

1. Why I want to serve on SLO County Health Commission:

I would like to serve on the Health Commission to learn about and have a positive impact on the health of our community. My public health research projects associated with the SLO-Syringe Exchange and Overdose Prevention Programs have especially opened my eyes to the health care needs of stigmatized and under/uninsured populations in our county. Through this work, I have come to realize that community partnerships and collaborations are essential to successfully tackling public health and health care delivery issues. I very much want to learn more about local projects and people involved in these (and other) issues in the county, and the role of the local government in setting policy and distributing funds to programs. As a college professor, I am also interested in issues that are linked to the campus community and my students. I hope to use the knowledge and experience I gain on the Commission to inform my students about local issues and to direct them towards local service opportunities in health-related areas. Finally, as a mother and citizen, I would like to learn about and make a positive difference in issues that affect the health of the children in our county, and to set a good example as a positive role model by engaging in service in our local community.

2. What do I envision contributing during my term on the Commission:

My Ph.D. in Microbiology and Immunology and subsequent training will allow me to bring expertise in public health related areas such as infectious disease prevention, transmission, pathogenesis and immunizations. In addition, my affiliation with Cal Poly provides many useful connections to other faculty with different areas of health-related expertise, should the Commission need information or testimony.

I am also connected to the local community through my public health harm reduction research project with the SLO-Syringe Exchange and Overdose Prevention Program. As part of this program, we work with the Access Support Network and are members of the (new) San Luis Obispo County Opioid Safety Coalition. Through this work, I can bring significant insight and information about the demographics and needs of the population of people injecting drugs in the county to the Commission should it be required.

3. What health issues interest or concern me?

Specifically, my research at the syringe exchange has made the safety and health of people injecting drugs one of my primary concerns. This includes implementation of harm reduction approaches to prevent infectious diseases like HCV and HIV, and overdose prevention programs including naloxone distribution. I am interested in any programs or in policies that will help to serve as a bridge to healthcare and addiction treatment in this highly stigmatized population. As I am sure you all know, drug overdose and the use of heroin are spiking in the nation and our county is no exception; this is a problem that requires immediate attention.

More generally, I am concerned with access to health care for low income and underserved populations such as those lacking stable housing, or who are unable to afford or obtain insurance such as undocumented immigrants. And, as someone who has a close family member with serious and life threatening mental illness, I am also extremely concerned about mental health issues, especially the relative lack of available and consistent long term mental health care in this county. Related to this more specifically is suicide awareness and prevention, which I have had training in and think about with respect especially to our college student population. For my students I am also concerned about issues that affect their education, health and safety such as alcohol and drug use and prevention, sexual assault and sexually transmitted infections.

Finally, as a mother, I am interested in children's health issues, especially preventative measures such as good nutrition, exercise promotion, vaccinations, environmental concerns (air quality, water quality etc.) and consistent access to health care.

4. Will my time schedule permit a 10 hr/month commitment?

Yes, I believe so, especially if most meetings are scheduled well in advance.

CAL POLY

California Polytechnic State University
San Luis Obispo, CA 93407-0401

Biological Sciences Department
(805) 756-2788 • Fax: (805) 756-1419

Christopher L. Kitts, Ph.D.
Professor and Chair, Biological Sciences Department
(805) 756-2949; ckitts@calpoly.edu

Dear San Luis Obispo County Health Commission Membership Committee,

This letter is an unreserved and enthusiastic recommendation for Dr. Candace Winstead's application for membership in the SLO County Health Commission. In my opinion, Dr. Winstead would make an ideal Commissioner for a variety of reasons, including her experiences here at Cal Poly, her interest in community health topics, and her track record of community involvement.

Candace is a tenured professor in the Biological Sciences Department who is our Medical Microbiologist and Immunologist, as well as being recognized as our community health expert due to her involvement in on-campus and off-campus community health related activities. On campus, Candace teaches BIO 253 "Orientation to Health Professions", a class that involves shadowing local health professionals and is taken by students interested in pursuing a health-related career. Running this course has given Candace a good collection of contacts in the local health services community as well as serving students in Biology and across the Cal Poly campus. Candace also serves on a variety of university committees and advises a range of student clubs, all related to the health professions. Off campus, Candace's research coincides with her community service interests as she collaborates with a variety of local health care institutions and studies the efficacy of the SLO County syringe exchange program. Candace is dedicated to local health-related issues and is recognized on campus as a go to person when interfacing with the community on these topics.

In addition, Candace is a wonderful colleague and an all around great person to interact with. She is charming, polite, tactful, and always pleasant. We rely on her expert opinion when considering anything to do with health professions in the Department, and we know we will get well thought out, cogently organized and timely responses to our questions.

Finally, as her Department Chair, I would like to assure you that we will do our best to accommodate any necessary time commitments required of Candace, should she be accepted to the Commission. The Biological Sciences Department, and Cal Poly in general, highly value the service commitments of our faculty, especially when it comes to serving the local community. This is a priority for us and we welcome building closer ties to the SLO County Health Department.

In summary, I think Dr. Winstead would be a boon to the Commission, just as she is to our department, and you will find yourselves overjoyed to have her regular expert input on the matters you consider.

Please feel free to contact me on this matter.

Sincerely,



Chris Kitts

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SAN LUIS OBISPO

California Polytechnic State University
San Luis Obispo, CA 93407
Advising Center
College of Science and Mathematics
(805) 756-2615

January 27, 2016

Jean White
San Luis Obispo County Public Health Department
2191 Johnson Avenue
San Luis Obispo, CA 93401

To whom it may concern:

I am writing to recommend my colleague, Candace Winstead, to serve on the County Health Commission. I have worked with Candace for 5 years at Cal Poly as a colleague in the College of Science and Math. In both of our roles, Candace and I advise students interested in pursuing careers in a variety of areas of healthcare. In the past year, Candace and I have begun to work more closely together on developing curriculum for a class that we will be co-teaching together starting in April, called Service Learning in the Health Professions, where we will guide students on reflecting about providing healthcare service to medically underserved communities, both in SLO and internationally. It has been through developing this curriculum that I have learned even more about Candace's interest and qualifications in healthcare in our community.

Through Candace's work with the syringe exchange program, as well as her connections to the Access Support Network, Candace is already a part of healthcare delivery in this county. It is through her work with these two organizations that Candace's interest in the health of our county has developed, and her interest has continued to grow. Candace is someone who is continually interested in learning more about her field of microbiology, while at the same time being interested in how her work can have a greater effect on other disciplines, fields, individuals and communities. This is how Candace and I became connected, due to her interest in learning more about how to support Cal Poly students in service and learning related to their career interests in health, and why she has had such a vested interest in the new class we are in the process of developing. In addition to being a learner, Candace is an excellent teacher. In my role with students, I hear second hand accounts from her students and how much they are able to learn from her due to her approach with teaching. I too, have learned from her with regards to our course's content, developing its curriculum, and about being connected to the SLO community.

As an advisor to students who want to work in healthcare along with my background and training in counseling, the first thing I tell my undergraduate students about what they need in order to be successful healthcare providers are a non-judgmental attitude and humility. While Candace is not herself a healthcare provider, nor is she seeking to be, these are two of her strongest personality traits. In fact, I think Candace may be the most non-judgmental person I know. Candace's ability to remain unbiased and to understand the needs of humanity are essential qualities someone needs to be able to identify, examine and assess our local health needs and advocate for the health of the community as a whole, as well as the health of those community members who aren't able to advocate for themselves. These personality traits, coupled with her scientific background in microbiology, immunology, pathogens, infectious and communicable disease make her an excellent candidate to serve on the County Health Commission. Her scientific background along with her understanding of the health needs of marginalized groups, as well as her

agreeable nature when working in partnership with others, will make her an asset to the commission in setting and achieving health goals for this community.

Lastly, not only will Candace herself be an asset to the County Health Commission, but having a representative from the Cal Poly Biological Science department will also include the specialties of the other entire faculty in the department, as well as the entire college. Working with faculty from across the college, I can say that our faculty will likely be more than happy to consult with Candace when questions arise in areas of their specialty as well. The access to this immense level of expertise of knowledge at a college campus will be a great asset to the commission. This will be a great opportunity for the campus and community to collaborate.

Thank for taking the time to allow me to speak about Candace's qualifications for the role on the County Health Commission. Should you have questions, feel free to contact me at mfarrier@calpoly.edu.

Sincerely,

A handwritten signature in black ink, appearing to read 'Meghan Farrier-Nolan', written over a horizontal line.

Meghan Farrier-Nolan
Academic/Pre-health advisor